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HOUSE MEMORIAL 13

49TH LEGISLATURE - STATE OF NEW MEXICO - SECOND SESSION, 2010

INTRODUCED BY

Mimi Stewart

A MEMORIAL

PROCLAIMING FEBRUARY 4, 2010 AS "WEAR RED DAY" AT THE HOUSE OF REPRESENTATIVES.

WHEREAS, diseases of the heart are the nation's leading cause of death and stroke is the third-leading cause of death in the United States; and

WHEREAS, cardiovascular disease claims the lives of nearly four hundred sixty thousand American women each year, which is approximately one death per minute; and

WHEREAS, each year, fifty-three percent of all deaths due to cardiovascular disease and sixty-one percent of stroke deaths occur in women; and

WHEREAS, too many women die each year because they are unaware that heart disease is their number one killer; and

WHEREAS, in 2010, the direct and indirect cost of

1 cardiovascular diseases in the United States, including stroke,
2 is estimated to be five hundred three billion two hundred
3 million dollars (\$503,200,000,000); and

4 WHEREAS, nearly as many women die of heart disease, stroke
5 and all other cardiovascular diseases than the next five
6 leading causes of death combined, including all cancers; and

7 WHEREAS, only twenty-one percent of women consider
8 cardiovascular disease their greatest health risk; and

9 WHEREAS, February is designated as American heart month;
10 and

11 WHEREAS, "Go Red For Women" is the American heart
12 association's national call to increase awareness about heart
13 disease, the leading cause of death for women, and to inspire
14 women to take charge of their heart health; and

15 WHEREAS, all women should learn their own personal risk
16 for heart disease, using tools such as the American heart
17 association's "Go Red For Women" heart checkup and by talking
18 to their health care providers; and

19 WHEREAS, making the right choices relating to proper
20 nutrition, physical activity and other healthy lifestyle
21 choices is essential to living a heart healthy life; and

22 WHEREAS, by increasing awareness, speaking up about heart
23 disease and empowering women to reduce their risk for
24 cardiovascular disease, thousands of lives can be saved each
25 year; and

